Title: Cable Rope Overhead Triceps Extensions

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li>Attach a rope to the bottom pulley of a cable station.</li>

<li>Grip the rope with both hands using a neutral grip. Turn your body away from the cable station.</li>

<li>Fully extend your arms until your hands are directly above your head pointing to the ceiling.</li>

<li>Keep your elbows  close to your head. This is the start position.</li>

<li>Slowly lower the rope behind your head, keeping your upper arms stationary, inhaling as you do so.</li>

<li>When your triceps are fully extended, hold for a count of one while squeezing your triceps.</li>

<li>Return to the starting position by flexing your triceps  and extending your arms. Exhale as you do so.</li>

<li>Repeat.</li>

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